

THRONE SPEECH PREDICTS FEDERAL DEFICIT, P5

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Celeb Buzz 22

Britney
admits
marriage
to K-Fed
a mistake



Teen stops out-of-control school bus

JEFF CUMMINGS
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HIGHWAY A 14-year-old boy was able to avert a possible disaster by stopping a school bus from crossing a highway as it hit the ditch on a gravel road near Legal, say RCMP.

Six students and a bus driver were sent to hospital with non-life-threatening injuries.

Police say the bus, contracted for the Greater St. Albert Catholic School Board, was travelling southbound on Range Road 252, just south of Highway 651, when it veered into a ditch.

The most serious injury was reported to be a broken leg, said school board spokeswoman Kim Lynch-Staunton, but no word has been made if the 43-year-old driver was having a medical episode when he was behind the wheel.

Mounties with the Morinville RCMP Detachment say the bus that had 17 kids on board ranging in age from six to 17 was picking up children as it was headed to Morinville.

Road conditions are not considered to be a factor in the collision, said Morinville RCMP.

Police say the collision is still under investigation and the cause of the crash is not known. No charges have been laid.

Sports pg 15

Grey Cup facts galore

North Edmonton Basement fire claims one



Police remove the body of a woman, yesterday morning, who was killed in a fire in a basement suite of a walk-up apartment in North Edmonton near 147th Avenue and 53rd Street. A man in the suite managed to escape and was treated in hospital for burns. See story, Page 4

Alberta shifts royalties

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Alberta's government has decided to take a page from Wal-Mart by rolling back its royalty rates in order to get more energy companies to keep on drilling — a move expected to save the industry up to \$1.8 billion over the next five years.

Premier Ed Stelmach says the province needs to take urgent action to encourage companies, especially Alberta-based junior oil and gas companies, to continue drilling and preserve thousands of jobs in the face of a global eco-

"We must be competitive so we're making this change to encourage new activity in the oil patch."

Premier Ed Stelmach

nomic meltdown.

The financial crisis has caused some energy companies to back off of building planned upgraders in Alberta, along with slowing drilling as oil prices continue to plunge.

"The world has changed in recent months and we must respond," said Stelmach at a news conference yesterday. "We must be competitive so we're making this change to encourage new activity in the oil

patch."

The new shift in royalty rates, starting Jan. 1, will only apply to companies drilling wells 1,000 to 3,500 metres in depth since drilling shallow wells is more economical for oil and gas companies, said Alberta Energy Minister Mel Knight.

Stelmach said the new shift in Alberta's royalty framework is important since Alberta will be "going it alone" in helping its

economy after hearing yesterday's throne speech from Stephen Harper's federal government.

"I didn't see anything in supporting the creation of jobs and supporting the economy of Alberta that supports the rest of Canada," said Stelmach.

Alberta Liberal Leader Kevin Taft said Stelmach's shift in royalties is a hint that Alberta's economy is worse "than what the government is leading on."

"This feels like the 1980s ... I feel like it's history all over again," he said. "The lessons of the last boom were completely lost by this government in the last several years."

Charges laid in baffling summer theft

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EQUIPMENT A man has been arrested in relation to a million-dollar heist that left officials scratching their heads when tons of specialized industrial equipment vanished this summer.

Sometime between Aug. 11 and 18, industrial equipment so heavy it couldn't have been lifted without a crane was stolen

from a shut-down methanol plant on Hayter Road.

After a month of investigation, police executed search warrants at Canadian Consolidated Salvage's two scrap metal yards in the downtown and east end of the city. Police have arrested owner 37-year-old Christopher Emmett Cahill. Police say they have recovered some of the missing equipment.

"It's hard to say, in the overall scheme of things, how much we've recovered because we don't know how much is out there yet, and it's not all in one piece," said Edmonton Police Services spokesman Jeff Wuite.

Cahill has been charged with possession of stolen property over \$5,000.

He is out on bail and makes his first court appearance on Nov. 28.



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So You Think You Can Dance Canada tickets on sale Saturday

Dancers from the hit show So You Think You Can Dance Canada are strutting on to the Rexall Place stage on Feb. 2. Tickets for the show go on sale this Saturday at 10 a.m. through Ticketmaster. **METRO EDMONTON**

Local



Martini Mingler matchmaker

Single? Like a cold martini? Head to Stir Lounge (10304 — 111 Street) at 6 p.m. tonight, and meet over 100 singles at Meet Market Adventures After Work Martini Mingler. For \$20, you'll enjoy hors d'oeuvres, interactive contests, prize giveaways, ice-breaker games and dancing all night long. **METRO EDMONTON**

30 ROCK

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Citytv



Being gay here 'still a big deal'

VICTORIA HANDYSIDES
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Edmonton's gay community, personified, is an adolescent discovering who he is, and making a mark on the world, a local playwright says.

"We're at an age where we're coming to know who we are, proud of speaking our own voice, and having ourselves heard," said Jonathan Seinen, 28.

Having grown out of adolescence into a gay man in the capital city, Seinen said, he's seen tolerance and understanding on what it means to be gay in Edmonton evolve daily — but it wasn't always this way.

"I've seen a lot of fear out there, and people being afraid of what they don't understand."

The play Unknown Pleasure has been a work in progress for Seinen for three years since having

moved to Montreal. Now back in Edmonton for the Exposure Queer Arts Festival, he's brought with him a production that was made to specifically address being gay in Alberta.

"It's so unique compared to being in Toronto or Mon-



Jonathan Seinen

treal, where everyone's gay ... In Edmonton, it's still a big deal, but getting better," he said. "We're a university town, and a government town, and there's a new, educated, cosmopolitan Edmonton that's really starting to thrive, and that's, traditionally, an environment in which a queer community can thrive and be accepted."

The festival runs through the end of this week. For more information, visit www.exposurefestival.ca.

Weather Bypassing Mother Nature



Snow Machines blast snow onto the hills at Snow Valley, off Whitemud Drive, yesterday. The recent cooler temperatures have allowed them to begin making artificial snow. Don't wax up those boards quite yet, though. Warmer temperatures are on the way for the weekend.

Public input sought on highrise

CROMDALE Residents are invited tonight to share their views on a proposed high-rise development in the Cromdale neighbourhood.

The purpose of the meeting is to discuss an amendment to the Stadium Station Area Redevelopment

Plan and Zoning Bylaw.

Current bylaw restrictions state the maximum allowable height for apartment buildings in the area is 45 metres.

The developer of the project hopes to amend the zoning restrictions to allow for

a 90-metre, 29-storey building to be constructed on the northeast corner of 83 Street and Jasper Avenue.

The meeting will be held tonight at the Royal Canadian Legion (11150 — 82 Street) at 7 p.m.

METRO EDMONTON

Woman killed in west end mourned

FUNERAL Family and friends yesterday gathered at the funeral for a 60-year-old Ukrainian woman who was stabbed in her west-end apartment.

Her 20-year-old son, Rosislav Soukonnik, is charged with second-degree-murder and a judge yesterday ordered him to undergo a psychological examination.

His next court appearance is set for Nov. 21.

METRO EDMONTON



What's online today.

Watch a Vietnamese boy get first surgery to remove a large facial growth at metronews.ca/world

Watch Justin Trudeau's nostalgic return to Parliament Hill at metronews.ca/canada



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A fire investigator inspects the damage of a blaze yesterday that began in a basement suite in North Edmonton, near 147 Avenue and 53 Street.

Woman dies in blaze

VICTORIA HANDYSIDES
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A raging fire claimed the life of a north Edmonton woman, who couldn't escape her bedroom when fire ripped through a burning apartment suite yesterday morning.

The fire began just before 5:30 a.m. in a main-level

suite of an apartment complex at 5304 — 147 Avenue.

When fire crews arrived, a man in his fifties frantically told rescuers that his wife had not made it out of the burning suite.

The man was treated for smoke inhalation. Rescuers tried to save his wife, but she was found dead in the main bedroom of the suite.

Residents were kept

from the building for the entire day, as investigators tried to pinpoint the cause of the blaze.

The cause had not yet been determined yesterday, and a damage estimate has not yet been calculated.



Watch firefighters battle the blaze and residents react at metronews.ca/local

Save now or pay later, report warns

HERITAGE FUND If the provincial government doesn't start piling more money into its savings, Albertans should brace for a large tax bill over the next two decades, says a government-appointed review panel.

"In fact, if action is not taken now, Albertans could face a substantial tax hike by 2030, compromising Alberta's prosperity," said Jack Minz, the chair of the panel, in a report that was released yesterday.

The panel is recommending the province boost its Heritage Fund to \$100 billion by 2030 to offset unexpected downturns and to provide services to Alberta's aging and growing population.

Minz says Alberta should put away five per cent of its revenues, and fund that nest egg with a spending cut of \$1.9 billion, something that has already been called for by the Canadian Taxpayers Federation.

"If I were a betting man, I wouldn't plan any bets that this will be acted on (by this government)," said Alberta Liberal Leader Kevin Taft, who added the Heritage Fund has fallen to the same value as it was when Don Getty was premier.

The report was completed in January well before the March 3 election, but Finance Minister Iris Evans said the Conservative government chose not to release the report until yesterday because caucus didn't have "a full opportunity to look at it."

Taft, whose party supports the panel's recommendations, said the report would have been very good material for the Liberals during the election campaign.

The report comes one day after Evans announced Alberta's surplus has shrunk to \$2 billion, forcing the government to stop putting money into savings.

JEFF CUMMINGS/METRO EDMONTON

Local history teacher lauded for excellence

VICTORIA HANDYSIDES
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Bev Milobar-den Ouden brings history to life and is getting some serious national credit for teaching the future how to keep the past alive.

What began as a class project for her Grade 5 students at Colchester elementary school in Sherwood Park turned in to a real-life journey into the history of the area.

For the entire 2007-08 school year, her students studied the history of the area, learned how buffalo were nearly killed to extinction and the horror of residential schooling — all through the mouths of those who, or whose relatives, experienced it first-hand.

Recently, Milobar-den Ouden was handed the Governor General's Award for Excellence in Teaching Canadian History for the project, which turned into an hour-long video contain-

ing previously undocumented history of the area.

"I think you need to give kids something to remember in their schooling. I've taught for 29 years, and this is the acme of my career," she said. "It's humbling. Teachers do wonderful things all the time, and to be singled out is pretty amazing."

Bev Milobar-den Ouden, left, with Gov. Gen. Michaëlle Jean after being presented her Award of Excellence.



SUPPLIED PHOTO

Getting the lead out

Lead levels in most Canadians have dropped dramatically, but federal officials have no idea if the toxic metal is in young children. The number of Canadians with potentially dangerous levels of lead in their blood has dropped from 25 per cent in 1978 to less than one per cent. **TORSTAR NEWS SERVICE**

5

Canada



Cauchon stays out of race

Martin Cauchon, left, who as federal minister of justice lobbied for legalization of same-sex marriage and decriminalization of marijuana, has decided to stay out of the Liberal leadership race. The 46-year-old said yesterday that the prospect of taking on a heavy debt was the biggest factor in his decision.

METRO NEWS SERVICES



CHRIS WATTE/REUTERS

Gov. Gen. Michaëlle Jean delivers the Speech from the Throne in the Senate chamber on Parliament Hill yesterday.

Conservatives predict deficits

Warning of the potential for short-term deficits and government belt-tightening, Prime Minister Stephen Harper's Conservatives yesterday unveiled a throne speech it says copes with "extraordinary" financial challenges.

"This is a time of unprecedented extraordinary global economic challenge and uncertainty," Gov. Gen. Michaëlle Jean said as she read the speech in the Senate.

But despite the grim news, the speech was vague on government help for hard-hit sectors, such as auto manufacturers.

And Finance Minister Jim Flaherty made clear that a stimulus package to kick-start the economy is still

months away.

"It certainly will not be in the fall economic update. It's not a mini-budget, it's an update," he said.

But he didn't rule out new measures to rescue the economy eventually. "If it means that we would run a (budget) deficit, we'll run a deficit, because the purpose here is to manage the economy effectively for Canadian families, not to artificially create a small surplus."

NDP Leader Jack Layton said the speech failed to "capture the great difficulties many families are facing."

TORSTAR NEWS SERVICE



Watch Justin Trudeau's nostalgic return to Parliament Hill at metronews.ca/Canada

Ottawa to work for cap-and-trade

ENVIRONMENT The Conservative government, shifting positions in the wake of Barack Obama's election in the U.S., said yesterday that it would work to develop a North America-wide cap-and-trade system to limit greenhouse gas emissions.

The Tories have until now focused on cutting the intensity of emissions rather

than imposing outright curbs.

"We will work with the provincial governments and our partners to develop and implement a North America-wide cap-and-trade system for greenhouse gases," the government said as it unveiled plans for the new session of Parliament.

REUTERS

News in brief

POLITICS The Liberal Party said yesterday it would not defeat the minority Conservative government. The Bloc Québécois and the New Democrats said they would vote against the throne speech, but Liberal

leader Stéphane Dion said it would be irresponsible to force another election now.

HEALTH Winnipeg Regional Health Authority is changing how patients who come into the emergency department are

registered and monitored, CBC News Online reports. The move comes following the death of a man who sat 34 hours in a waiting room earlier this fall.

BODY FOUND Police in the Eastern Ontario city of Belleville are

investigating after one officer apparently committed suicide inside a police station yesterday morning. Reports say that Mike Eby, 51, appears to have shot himself to death.

METRO NEWS SERVICES



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An Israeli archaeologist said on yesterday he had unearthed what he believed were the 2,000-year-old remains of two tombs which had held a wife and daughter-in-law of the biblical King Herod. **REUTERS**

World

Cybercrimes



Internet crimes, such as computer spying, money-laundering and identity theft, are likely to wreak as much havoc as the credit crisis in the coming years if international regulation is not improved, experts said yesterday.

'Forced wedding' manual created for Paris officials

FRANCE The Paris City Hall launched a manual on forced marriages yesterday to help officials spot young women being coerced into matrimony.

An estimated 70,000 teenage girls living in France are victims or potential victims of forced marriages, many of them from immigrant families.

Causes can vary widely, from cultural and religious factors to the will by immigrant parents to "protect" their daughters from relationships with men from other communities.

The new manual, a 32-page book that will be distributed to officials, lists clues that can arouse suspicions. The law allows officials to interview the couple to determine if they both wish to be married.

REUTERS

Watch as a Vietnamese boy gets first surgery to remove a large facial growth at metronews.ca/world

Britain One fat cat



Veterinary charity PDSA nurse Jennie Keen holds Tinks, a 13-year-old cat, in this undated photograph received in London yesterday. Eight of Britain's most overweight pets are to embark on a 100-day diet and fitness regimen in a bid to be crowned this year's pet fit club champion.

REUTERS / PDSA / HANDOUT

Scribe's murder trial shut

Family, journalists, demand transparency

Colleagues of murdered Russian reporter Anna Politkovskaya accused the government of a coverup yesterday after a judge barred the public from the trial of three men accused of helping kill her.

Politkovskaya was shot dead two years ago, raising questions about Russia's commitment to freedom of speech.

Judge Yevgeny Zubov announced he was overturning his own earlier ruling that the trial be public, saying jurors had refused to enter the courtroom if reporters were present, lawyers for Politkovskaya's family said afterwards.

Dmitry Muratov, editor-in-chief of the newspaper where Politkovskaya worked, said the decision was a breach of justice intended to cover facts about how Russian law enforcement agencies operate.

Politkovskaya, a 48-year-

Putin to return as president?

• The United Russia party meets today against a backdrop of fevered speculation that Vladimir Putin, the former president, may be preparing

for comeback to the Kremlin. The congress gives a platform for Putin, now prime minister, to re-assert his status as Russia's most popular politician.

old mother, who had reported on human rights abuses, was shot dead on Oct. 7, 2006, outside her flat. Three men are charged with acting as accomplices in her murder.

But her family says the investigation is incomplete because the man suspected of pulling the trigger is on the run. And so far, no one has been charged with organizing the killing of the Russian reporter.

"I want this process to be open as I consider that journalists and society should be present during the process to be independent arbiters," said Politkovskaya's son, Ilya, "to

listen and to judge what is going on in an unbiased way.

"For me, it is very important that this process should be open," he told Reuters outside the courtroom.

Paris-based Reporters Without Borders criticized the decision to hold the trial behind closed doors.

"It is exactly what we were fearing could happen," said Elsa Vidal, who covers Russia for the press freedom group.

"Every organization in the case was expecting Russia to try and escape this kind of transparency."

REUTERS

India destroys pirate ship from Somalia

PIRATES An Indian warship destroyed a pirate ship in the Gulf of Aden and gunmen from Somalia seized two more vessels despite a large international naval presence off their lawless country.

The buccaneers have taken a Thai fishing boat, a Greek bulk carrier and a

Hong Kong-flagged ship heading to Iran since Saturday's spectacular capture of a Saudi supertanker carrying \$100 million of oil, the biggest ship hijacked in history.

Saudi Arabia said the supertanker's owners were in talks over a possible ransom, despite official reser-

vations about negotiations with hijackers. Iran said it was seeking contact with the Hong Kong ship it had chartered to import grain.

The explosion of piracy off Somalia this year has driven up insurance costs, made some shipping companies divert around South Africa.

REUTERS

News in brief

SCIENCE Researchers have sequenced the gene map of a long-extinct woolly mammoth,

using DNA taken from its hair. They found mammoths were closely linked to elephants,

and also saw evidence of inbreeding, which may explain their extinction. **REUTERS**



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Charges laid in 2007 plane crash

Police in Brazil charged 10 people yesterday, including former government officials, for contributing to the country's worst airline accident, which killed 199 people last year.

All 187 people on board and 12 people on the ground died when the TAM Linhas Aereas Airbus A320 overshot a recently repaved

runway at Sao Paulo's Congonhas airport in July 2007.

Those charged include the former head of the national aviation authority, Milton Zuanazzi, and officials at TAM and the airport authority Infraero. All are accused of violating national aviation security and could face prison terms of up to six years. **REUTERS**

News in brief

CONFLICT Congolese rebel fighters pulled back yesterday from frontline positions in a move UN peacekeepers hoped would open the way for talks on ending weeks of conflict in east Congo. **REUTERS**

POLITICS Bolivia's president, Evo Morales, accused the U.S. Drug Enforcement Administration yesterday of trying to tap his telephone conversations instead of going after cocaine traffickers. **REUTERS**

Space Station upgraded

Astronauts hooked up a water recycling system and installed two new bedrooms aboard the International Space Station yesterday while crew mates prepared for a second spacewalk to fix the outpost's power system.

The work is part of a final effort to complete the \$100 billion US orbital complex, a project involving 16 nations, by 2010 when the space shuttles are to be retired.

Next year, NASA and its international partners plan to double the station's crew size to six, making water recycling important. **REUTERS**

Ads boost obesity

Banning fast-food advertising on television in the United States could reduce the number of overweight children by as much as 18 per cent, researchers said yesterday.

But the research team at the National Bureau of Economic Research questioned whether it would be practical to impose that kind of government regulation — something only Sweden, Norway and Finland have done.

"Hopefully, this line of research can lead to a serious discussion about the type of policies that can curb America's obesity epidemic," economist Shin-Yi Chou

Stats

- The U.S. Centers for Disease Control and Prevention estimate 13.9 per cent of children aged 2 to 5 are overweight, as are 18.8 per cent of children age 6 to 11, and more than 17 per cent age 12 to 19.

of Lehigh University in Pennsylvania.

For their study, Chou and colleagues used data on nearly 13,000 children from the 1979 Child-Young Adult National Longitudinal Survey of Youth and the

1997 National Longitudinal Survey of Youth, both issued by the U.S. Department of Labor.

"The advertising measure used is the number of hours of spot television fast-food restaurant advertising messages seen per week," they wrote in the *Journal of Law and Economics*.

"Our results indicate that a ban on these advertisements would reduce the number of overweight children ages 3-11 in a fixed population by 18 per cent and would reduce the number of overweight adolescents ages 12-18 by 14 per cent." **REUTERS**

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Automakers blasted over private jets, salaries

ECONOMY Chief executives from General Motors Corp, Ford Motor Co, and Chrysler LLC pleaded yesterday for \$25 billion in federal assistance to help pay their suppliers, workers and other expenses at a time when car sales have plunged along with a souring economy.

But skeptical lawmakers blasted them for flying private jets to Washington and failing to make personal sacrifices in exchange for federal assistance.

"It's almost like seeing a guy show up at the soup kitchen in a high hat and tuxedo," said Rep. Gary Ackerman, a Democrat from New York.

Lawmakers also grilled the CEOs on their pay. The CEOs said they have already taken significant cuts in pay and bonuses. **REUTERS**

France Political campaigning



Segolene Royal, one of three candidates campaigning to become the head of France's Socialist Party, delivers a speech yesterday at a political rally in Paris on the eve of the first round vote.

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Comment & Views

Comment

Hillary hazard ahead

Obama better off without Clinton in cabinet

Home&Abroad

Andrew Cohen

Canada & world insight

Hillary Rodham Clinton for Secretary of State of the United States of America?

If the reports are correct, Barack Obama is preparing to name Clinton, the most popular woman in the country, to the most senior position in his cabinet.

But if Obama has decided to appoint Clinton, he should reconsider. And if Clinton has decided to accept, she should reconsider. For both, the appointment would be a mistake.

If Obama really wanted Clinton in his White House,

he could have made her his vice-president last August. He did not choose her because they had no personal chemistry and because she would have contradicted his mantra of change. She is the Washington insider; he is not.

Many thought Obama was wrong. They said that because Clinton had won 18 million votes in the primaries and caucuses — almost as many as he did — he had to appoint her as VP or risk alienating fellow Democrats.

They warned that rejecting her would drive her loyalists into the arms of John McCain. That fear was groundless — her supporters were never going to vote for the Republican ticket, especially one which included the anti-feminist Sarah Palin.

Obama decided to break with the Clintons, who have dominated the Democratic Party since 1992. He did not

"If Obama and Hillary were to fall out on a matter of policy, he couldn't fire her. It would rupture the party."

need her or her husband, who diminished himself in her campaign. It was a wise decision, though when Palin joined McCain and gave the Republicans a momentary surge in September, some Nervous Nellies worried that Obama had erred in choosing Joe Biden. He didn't.

So why choose her now? No doubt she is competent, compelling and the best known woman in America. She has impeccable credentials.

But her appointment wouldn't set a precedent — there has been a woman, indeed a black woman, lead-

ing the Department of State for the last four years — and Clinton would steal Obama's thunder. Moreover, her husband and his mysterious business interests could be trouble.

Worse, if Obama and Hillary were to fall out on a matter of policy, he couldn't fire her. It would rupture the party.

And why would she take the job? She would have to resign her seat in the Senate and give up leadership on health care and other social issues that motivate her. She would miss the opportunity to replace the ailing Edward Kennedy as the country's great liberal lion.

Obama should choose someone else for Foggy Bottom. Hillary Clinton brings more dangers than benefits.

Andrew Cohen, a professor and journalist, is the author of *Extraordinary Canadians: Lester B. Pearson*.



MICHAEL DE ADER

Views

Former child soldiers reach out to victims



Susan McClelland

Kabba Williams sits quietly, his hands folded in his lap. The 24-year-old's wide smile belies the horrors he has inflicted on others and of which he is also a victim. Sitting beside Williams is Mariatu Kamara, now a 22-year-old college student in Toronto. Kamara is an all too emotional reminder for Williams of his past. She was only 12 in 1999 when rebels in Sierra Leone's 11-year-long civil war invaded her village. Child soldiers held the young girl hostage for nearly a day and then amputated her hands before setting her free.

"I did this," Williams, looking briefly at Kamara, told the audience at the University of Alberta last week. "I did terrible things.

Rape, murder, cutting off people's hands."

Williams was not the child combatant that tortured Kamara. But for nearly three years, Williams was a boy soldier — in fact, he's one of the youngest child soldiers ever recruited in an African conflict, having been abducted by rebel forces at the start of the Sierra Leone war in 1991 when he was only six years old.

Last week at the University of Alberta's Festival of Ideas, Kamara and Williams, now an outspoken human rights advocate in Sierra Leone who speaks on the use and victimization of child soldiers, came together for the first time.

"It was scary at first," says Kamara, whose memoir *The Bite of the Mango*, which I wrote, was released last month. "But what can I do to him...to the boys who did this to me? My hatred toward them is only hurtling me, so I have to forgive."

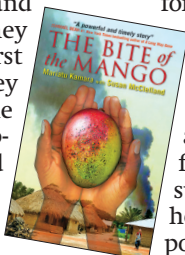


Mariatu Kamara

tell their stories, hold one another and build community. I was by far more nervous of the meeting between Kamara and Williams than they were. When they first saw each other, they embraced. To anyone looking on, they appeared like old friends.

But they're not. Sierra Leone saw children commit some of the worst atrocities in the war that ended in 2002. Tens of thousands of young people were killed, maimed, raped and recruited by various rebel groups, including the Revolutionary United

I have been involved now with the Sierra Leonean community for several years. I am struck by their inherent ability to



Front. Worldwide, the UN estimates that there are about 250,000 to 300,000 child soldiers at any given time.

Williams has been very active in Sierra Leone's peace building process. His newest project involves former child soldiers reaching out to the villages in Sierra Leone. "It would be an apology, a way we can say we take responsibility for what we did, and how do we move forward together," says Williams.

"It will be challenging," Kamara concludes. "There are many amputees from the war still suffering with their health and with poverty. But we need to do whatever it takes to make sure war doesn't happen again."

Susan McClelland is an award-winning magazine journalist based in Toronto. *The Bite of the Mango*, her first book, has been nominated for an American Library Association, young adult, non-fiction book of the year.

Letters

Shahnaz Azarbehi, TORONTO

I have been a Liberal supporter for the more than 25 years but have stopped voting since the last two elections because of sheer fatigue.

Look at all our parties and their candidates — an old-boys league. We need new blood, new ideas, fresh perspective, charisma. Someone we would be proud of, to represent us both nationally and internationally.

Michael Ignatieff is going to do no magic — the man reeks of high-class arrogance. And why is Bob Rae even being considered after what he did to Ontario when he was NDP. With one of these two heading the Liberal Party, I know I will not be voting for a long, long time.

Sarah Sonne, VANIER, ONT.

I am a 25-year-old Canadian woman. I am writing to commend the Conservative Party for passing Resolution P-207 (on protection for pregnant women)

at their policy convention recently.

Passing legislation that recognizes the injury or death of an unborn child during an attack on a pregnant woman is something that will secure my vote for, and trust in, the Conservative Party.

I am looking forward to the day when I can be pregnant and know that my decision to keep my child is respected and my unborn child is fully protected.

Thank you for listening to my voice, and the voice of many other young women, and making it Party policy to protect us in the way we, as young and pregnant women, want to be protected.

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Gates' fund raises stakes in Mexico drinks companies
Billionaire Bill Gates' investment firm, Cascade Investment LLC, has increased its stakes in two Mexican beverage companies, according to a filing with the U.S. Securities and Exchange Commission. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

TSX The S&P/TSX composite index closed down 345.17 points at 8,490.56 yesterday, its


lowest level since 2004, in a selloff led by resource and financials issues on gloomy


news from the banking sector.

AUTO U.S. auto executives

pleaded yesterday for a second day for \$25 billion in government aid, but legislators tried

to fashion a last-minute compromise bailout bill that could pass muster. **REUTERS**

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Recession risk on the rise: Carney

The Bank of Canada sees a greater risk of recession in Canada than it did just one month ago as the global financial crisis rips through the economy, Governor Mark Carney said yesterday.

In a speech in London, Carney repeated that the central bank would likely have to cut its benchmark interest rate further to keep the export-reliant economy afloat in the face of a global recession and what he called a "consumer recession" in the United States.

"Starting from flat growth in the first quarter of 2009 and the second quarter of 2009 ... recession is a possibility for Canada," he said after his Mark Carney speech.

In the bank's latest outlook in October, it forecast the economy would grow 0.8 per cent in the third quarter of this year before contracting 0.4 per cent in the final quarter and staying flat in the first quarter of next year.

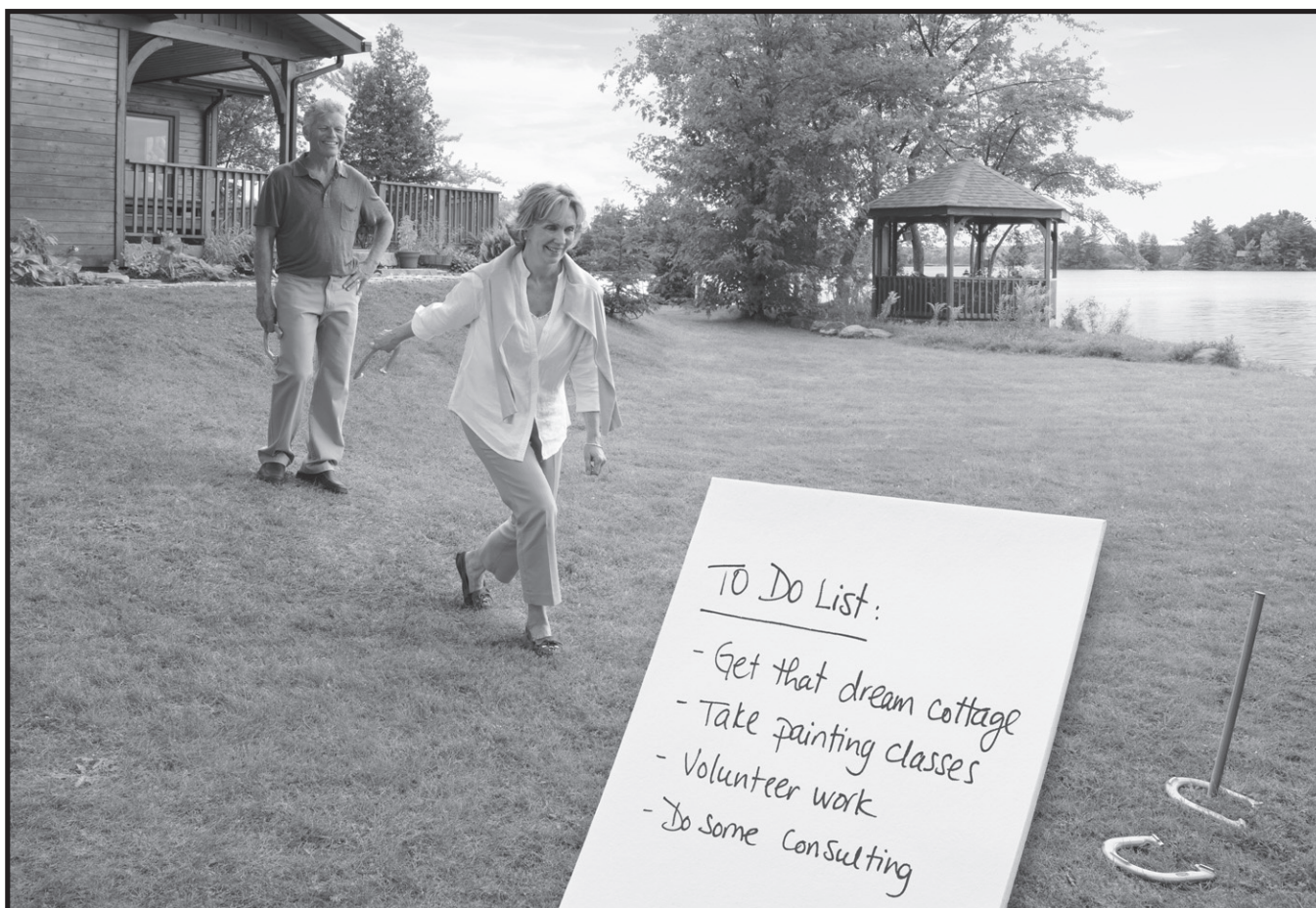
REUTERS

Scotiabank's Q4 warning puts heat on banks

STOCKS Shares of Bank of Montreal, Bank of Nova Scotia and Canadian Imperial Bank of Commerce led Canadian banking stocks lower yesterday morning as analysts said big securities-related writedowns loom in their upcoming quarterly reports.

After markets closed on Tuesday, Bank of Nova Scotia said it would take a hit of \$890 million before tax in its fourth quarter on trading losses tied to bankrupt Lehman Brothers Holdings, as well as lower securities and derivatives valuations.

REUTERS



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Get dancing

Dance to the beat of your favourite High School Musical songs with Disney Interactive Studio's High School Musical 3: Senior Year Dance!. Available for the Wii (\$49.99) and Xbox 360 (\$69.99, bundled with dance pad). **METRO NEWS SERVICES**

Holiday Shopping Guide I

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Creative toys, games tops

Big-name toys expected to fly off shelves this season

BRIAN TOWIE
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This holiday season, it's all about toys that amuse and engage, say experts on both sides of the border.

As parents make bee-lines to their local department stores this shopping season, they'll likely find toys that encourage hands-on learning side by side with the Bratz and Star Wars playsets. Construction sets, collectible card games and interactive DVD games are all becoming part of the fun.

"We've got educational toys, we've got learning to read toys, we've got building toys, imagination toys," Jeff Hurst, president of the Canadian Toy Association, said at a Nov. 3 media conference in Toronto previewing

some of the hot toys for the holidays. "I certainly think we've got a good representation of what's going to be on the Christmas list as we go into this year."

The association expects the season's big sellers to include Struxx Robotrix, a construction set where kids can build roaring motion-detection dinosaurs out of rods, balls and sockets, and Disgusting Digestion, a science kit of bile-inducing experiments that educate the user about the human digestive system.

Kathleen McHugh, president of the Chicago-based American Specialty Toy Retailing Association, expects trends to lean toward more creative, open-ended toys. In an economy where parents are feeling the pinch, she says, a new focus is on toys with longer-lasting value.



Bratz World House Play Set, \$44.99.

"More is not the answer to everything. There's going to be a return to quality over quantity," she said. "The right kind of toy will do different things. Board games will also prove popular. Because of the consumer situation, more families will be spending time together at home."

"There are a lot of great board games out there to do that."

Those looking for more mainstream — and more expensive — toys will not be disappointed. Elmo Live, an interactive version of the Sesame Street Muppet that sings and

tells jokes, Bakugan Battle Brawlers, a collectible strategy game of cards and pop-up robots, and Bratz World, a mix-and-match fashion playset, are among the items expected to fly off the shelves this year.

"We believe Elmo Live is going to do well this season," says Donna Polimac, a senior marketer for Fisher Price, which is parented by Elmo Live-maker Mattel. "With seven times the content of Tickle Me Elmo, it's probably going to be our biggest seller."

Gifts that pamper



From left: Palmer's Cocoa Butter Formula Lotion, \$5.99/250 mL; Palmer's Cocoa Butter Formula Jar, \$5.99/100g; and Palmer's Cocoa Butter Formula Concentrated Cream, \$3.99/100g. Available at Wal-Mart, Shopper's Drug Mart and Pharmaprix.



Magnolia Necklace by Foxy Originals, \$36. Available in black and brown at foxyoriginals.com.



From left: Cake Walk Triplemint Foot Creme, \$8 (currently on sale); Milk Made Hand and Cuticle Buffer, \$18; and Milk Made Velveteen Hand Creme, \$18. Available at Indigo Chapters, Sephora, The Bay and cakebeauty.com.

The Winter Trend makeup range from The Body Shop, \$14.50-\$24.50. Includes sparkle eye palette, centre, \$24.50; sparkle lip gloss, right, \$16.50; and sparkle roller ball, far right, \$14.50. For more, go to thebodyshop.ca.



Enchantress Beauty Kit, by Foxy Originals and Smashbox, \$45. Includes silver pendant necklace, lip enhancing gloss, and much more. Available online only at smashbox.com.



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The Scene It? Seinfeld DVD Game (\$39.99) tests your knowledge with real clips from the "show about nothing" as you answer trivia questions and race around the game board to win. For more, go to toyexpress.ca. **METRO NEWS SERVICES**

Holiday Shopping Guide I

Gift ideas big and small for the tech savvy

RICK MCGINNIS
rick.mcginis@metronews.ca

HP TouchSmart IQ816 computer (\$2,199)

There's not a lot of zing in the desktop computer market these days, though HP's TouchSmart line is an exception — the first practical consumer machine that delivers on the whole 2001: A Space Odyssey vibe that we've been wishing for since the first consumer Windows machines hit the market 20 years ago.

The IQ816 has a massive 25.5 inch screen, with everything but the power supply built, iMac-style, into the back. There's a wireless keyboard and mouse included, but they're vestigial appendages, since you're supposed to use the touchscreen as your main user interface. It actually works — a vast improvement over the first generation of

TouchSmart machines that's built around big icons and widget-like applications.

I set the machine up as a family computer in our kitchen, where the kid immediately took to the touchscreen interface to play games, while their parents quickly configured it to deliver news and weather info on startup in the morning. It made a quick

wireless connection with the main computer downstairs so we could play videos effortlessly. On a more mundane note, the touchscreen makes computer solitaire utterly addictive.

Toshiba Qosmio X300 notebook (\$1,999)

There's nothing subtle about the X300; with its flamed red and orange metallic finish and array of totally unnecessary red LEDs, it takes its

design cues from hot rods, not space ships. It's not restrained inside either — there's an unlocked and therefore overclockable Centrino X9100 3.06 GHz processor and an NVIDIA 9800M graphics card, which translated into normal person means it's fast. It's a gaming laptop, with four USB ports and an HDMI out, in case you're not jazzed enough about the 17 inch LCD widescreen.

There are also dual hard drives totalling 640GB and a 5.1 Altec Lansing speaker system. Toshiba is a Blu-ray refusenik, so the drive is regular DVD, and the screen has that super-glossy finish that means you'll be seeing your own face in the shadows when watching movies. Apart from these quibbles, this is the monster (4.12 kg!) desktop replacement machine every boy dreams about.

LG P300 notebook (\$1,799)

On the other end of the scale there's this very light (1.6 kg) laptop, with its sleek lacquered finish and 2.26 GHz Intel Core Duo processor. The screen is just a 13.3 inch LCD, but there's an HDMI output so you can use it to power your flat panel. You might also want some outboard speakers to supplement the pallid ones built into the P300. The slim profile and light weight is mostly due to the DVD drive being provided as an outboard accessory. There's 2 GB of ram and a 320 GB hard drive as well as Bluetooth connectivity, which should help justify the rather impressive price tag.

Accessories

Belkin has couple of laptop pads that range from the active to the passive. **The Cushtop** (\$34.99) is an attractive little upholstered lap desk for your notebook that includes a slot to slip

the machine when not in use. The **Laptop Cooling Lounge** (\$39.99) is probably the perfect accessory for a gaming laptop like the Qosmio X300 — an adjustable plastic stand that includes a USB-powered fan to help draw the heat away from your overclocked chipset, out the sides and away from your once-toasty lap.

Microsoft has persevered with mouse technology, releasing the **Blue Track mouse** in desktop and notebook sizes (\$89.95 and \$69.95 respectively). It's a wireless unit that's supposed to be able to track on any surface, including carpets and glossy stone, and it lives up to the hype. They've also revamped the design of their webcams with the **2 megapixel Life-Cam Show** (\$99.95), a discrete little pill of a unit that comes with a variety of mounting options, including stick-on magnets, a clip, and a stick-like stand in

case your monitor is too thick or too pretty.

HP's **C6380 all-in-one printer/scanner** (\$199.99) adds wi-fi connectivity to its range of features, neatly networking with your range of desktops and laptops by either the standard USB cable, through an Ethernet port on your router, or wirelessly. It sets up without a fuss, has a dedicated tray for 4x6 prints, and comes with software that lets you create PDF copies of documents for e-mailing.

Finally, I've spent the last two months with Crumpler's cutely named **Dreadful Embarrassment** laptop bag (\$95). It's a messenger-style affair with room for up to a 17 inch laptop, and plenty of room for accessories, magazines, pens and a cup of microwave soup for lunch. Like most of the Crumpler line, it's assertively colourful, and miles better-looking than the usual uptight laptop bag.

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All for fun



My Tagalongs' 911 Tin, which includes a sewing kit and nail file. Available as part of the Emergency Valet, \$30, at The Bay.



Vancouver 2010 jersey bib set, \$18. Available online at vancouver2010.com.



Chocolate Santa bath bomb, \$6.95. Available at Lush, lush.ca.



Hello Kitty humidifier, by Crane, \$49.99. Available at Home Outfitters.

Vancouver 2010 plushies, \$25-\$40. Available online at vancouver2010.com.



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Holiday Shopping Guide I

Shop like Scrooge

BRIAN TOWIE
brian.towie@metronews.ca

The recent economic downturn may just prove beneficial to Canadians looking to save some cash this Christmas season.

The fallout from world-wide market crashes has forced shoppers to scale back their spending habits. While Canada hasn't taken the hit as badly as its neighbour to the south, the saving trend will continue through the holidays as families expect their financial situation to deteriorate, experts say. An October survey by the Conference Board of Canada shows that consumer confidence is at its lowest level since 1982.

Retailers must rise to the challenge, says Derek Nighbor, senior vice-president of national affairs at the Retail Council of Canada. Along with economic realities, there's a psychological impact. A shopper, even if they're flush, will stay tight with the buck in tough times. Stores will have to make adjustments to lure in customers, which often means deeper discounts at the cash register.

"Anytime consumer confidence is low you're going to see some drop-offs, so retailers will have to fight harder to attract traffic," he said. "What they'll often do is designate loss leaders — selling selected items at a



A post-Christmas shopper looks for bargains beside a 25 per cent off sign in Macy's Dec. 27, 2006 in New York City. Retailers are hoping that after-Christmas shoppers will help them regroup after a somewhat disappointing holiday shopping season thus far.

loss to get people into the store. Once customers are there, they might buy a few more things."

Discount-oriented merchants stand to gain the most, says Nighbor, and if you're looking for a deal, you may want to reconnoiter with your local mom-and-pop shops. Such establishments are often on a first-name basis with their clientele and can be more flexible in their marketing. Don't expect steals at electronics retailers — Nighbor adds technology items are becoming necessities and not wants.

You may not find any deals in the toy section either. No matter what the economic situation may be, parents will splurge on their child at Christmas,

says Elizabeth Evans, director of the Ted Rogers School of Retail Management at Ryerson University.

"Christmas is a season where we celebrate giving gifts to children," she said. "Parents like to buy things for their kids. Toys would be one of the last things they'll cut back on."

And don't those toy manufacturers know it. Reidin Goode, senior marketing manager of the girls division at Mattel Canada, says her company is undeterred by the downturn. She predicts a successful year, particularly in its Barbie lines.

"We're continuing to infuse innovation and a new freshness," she said. "We're banking on a really great Christmas."

Steven and Chris' holiday tips

BRIAN TOWIE
brian.towie@metronews.ca

You can host a fabulous holiday party on the cheap and Steven and Chris have some tips on how to do it.

Steven Sabados and Chris Hyndman, hosts of CBC Television talk show Steven and Chris, talked with Metro about how to entertain your family and friends without going over budget in tough financial times.

"This year of all years, Christmas is not about the presents but about the people who count," said Hyndman.

Stick to the basics when you throw a seasonal soiree, says the decorating duo: Ask guests to bring their own booze and formal

"Christmas is not about the presents but about the people who count."

Chris Hyndman

attire (they note people love to dress up), and above all else, don't sweat the small stuff. "The less stressed you are about having a Christmas party, the more fun it will be," notes Hyndman.

Sabados says dimming your lights and lighting some candles creates an intimate and sophisticated atmosphere. You don't even need to deck all your halls. Focus on the living room to decorate — a beautiful centerpiece or the the right floral arrangement can help.

"Paperwhites are the all-time favorite bulb for indoor forcing," the pair writes via e-mail. "Their large clusters of pure white flowers and their sweet,

musky smell make them a holiday favourite. Plant bulbs in decorative pots a week apart (to ensure at least one pot is blooming when you need them) in late November and early December. They will flower in 4 to 6 weeks with seldom a miss and you'll feel better knowing that your fresh holiday flowers are taken care of well in advance."

You can also keep a simple spread for your hungry party-goers, says the pair. Pan-fried nuts and small pastries can fill bellies for relatively little money and effort, or get creative with with Sabados' chocolate lasagna, which serves 6-8.

Next week's lineup

GIFT GUIDES For a roundup of holiday CDs and much more, pick up Metro's next Holiday Shopping Guide on Nov. 27.

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New Mariners manager makes history

Don Wakamatsu became the first Asian-American manager in Major League Baseball history when he was hired yesterday by the Seattle Mariners. Wakamatsu was bench coach for the Oakland Athletics last season. Before that he spent five years with the Texas Rangers.

METRO NEWS SERVICES

15

Sports

SPORTS@METRONEWS.CA



Coco is K.C. bound

The Boston Red Sox traded outfielder Coco Crisp to the Kansas City Royals yesterday for relief pitcher Ramon Ramirez. Crisp stole 20 bases for the third straight season in 2008 and hit .417 in the post-season for Boston.

METRO NEWS SERVICES

Grey Cup need-to-know

- Montreal** has appeared in 15 Grey Cups, winning five, while Calgary has appeared in 11 finals, also winning five.
- Calgary's** last Cup win came in 2001, 27-19, over **Winnipeg** at Montreal.
- Montreal's last Cup win came in 2002, 25-16, over **Edmonton** at Edmonton.

QUESTION MARKS

Will the 13th man mean much? Will the bright lights of the big city and the celebrations be a distraction? How great will the advantage be of Montreal, contesting its sixth final in the last nine seasons, playing this game at home? No team has won the Cup on its home turf since **B.C.** in 1994.

•Alouettes slot-back **Ben Cahoon**: "(Playing at home) means to me that we're going to have our fans to help us, which is huge. They played a big part (in winning the Eastern final). They were loud when they needed to be loud and

they were quiet when we had the ball."

•Stampeder's linebacker **Jojuan Armour**: "I love the fact that we're playing Montreal in Montreal in front of their fans, at their place. That's the same thing that we've faced all year. Every time that we're faced with adversity, we step up. We don't plan on things changing."

Which quarterback will have the better day? **Anthony Calvillo** of the Als and counterpart **Henry Burris** are their respective conference's finalists for regular-season MVP. Calvillo led with 43 TD passes thrown, to 39 for Burris.



Can Anthony Calvillo win his second Grey Cup?

Calvillo leads in big-game experience but Burris says he's poised to finally take the final big step.

EXCLAMATION POINTS

The Alouettes and Stampeder's finished 1-2 in several offensive categories, including average points per game (32.4 for Als, 31.6 for Stampers) and average yards gained (428.8 for Als, 411.6 for Stampers). Defensively, Calgary led the league in fewest points allowed (21.6), with Montreal second (23.5).

Calgary had the leading receiver, **Ken-Yon Rambo** (1,473 yards), and leading rusher, **Joffrey Reynolds** (1,310 yards). Montreal slotback **Ben Cahoon** led the league with 107 receptions.

John Hufnagel may be a rookie head coach with the Stampers, but he has a Grey Cup ring from 1992 when he was the offensive co-ordinator for Calgary when it defeated Winnipeg with **Doug Flutie** at QB. Counterpart **Marc Trestman** is also a head coaching freshman. He has no previous CFL experience but was offensive co-ordinator with the Oakland Raiders

when they lost the Super Bowl game at the end of the 2002 NFL season.

Kicker **Sandro DeAngelis** of Calgary led the league in scoring with 217 points, 17 more than Montreal's **Damon Duval**.

TORSTAR NEWS SERVICE

Quarterback club

The two head coaches who will meet in this Sunday's Grey Cup game, Calgary's John Hufnagel and Montreal's Marc Trestman, earned their coaching stripes in the NFL under the title of either quarterback coach or offensive co-ordinator. Here's a few of their former QB students:

John Hufnagel

- 2001: Indianapolis Colts, **Peyton Manning**
- 2002: Jacksonville Jaguars, **Mark Brunell**
- 2003: New England Patriots, **Tom Brady**
- 2004-06: New York Giants, **Eli Manning**

Marc Trestman

- 1989: Cleveland Browns, **Bernie Kosar**
- 1995: San Francisco 49ers, **Steve Young**
- 2002: Oakland Raiders, **Rich Gannon**

TORSTAR NEWS SERVICE

Problems a team effort

TheHockeyNews

Adam Proteau



thehockeynews.com

Poor **Dustin Penner**. Okay, perhaps "poor" isn't the ideal descriptor of the **Oilers** left winger, what with his \$4.25-million-a-season-for-this-and-the-next-three-seasons salary and all. I mean, have you looked at the Oilers' plus/minus statistics lately? Have any idea who leads the team in that category, with a plus-8 (check) that is a full five points better than his closest teammate?

You got it — **Dustin Penner**. The same dude **Craig MacTavish** introduced to the underside of Edmonton's careening bus last week when

the coach called the player "not competitive enough or fit enough to help" the team.

But it isn't only Penner who has caused the Oilers to lose five of their last eight. He isn't the root cause of Edmonton's 27th-ranked penalty kill, nor his team's faceoff percentage that is even worse (at 46.5 percent efficiency, the third-worst in the league). No, it has truly been a team effort that's put the Oilers in the middle of the Western Conference pack. And maybe that's where Edmonton deserves to be at this point, in spite of MacTavish's pre-season crowing that his squad could legitimately challenge for a championship.

Whatever the case, the last thing either Penner or the team needs is for him to be isolated and ostracized for his sins, however distasteful MacTavish finds them.



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Sports in brief

NHL The Ottawa Senators have lost forwards Mike Fisher and Chris Neil as the slumping club tries to get out of its tailspin.



Ottawa announced yesterday that Fisher could miss the next couple of weeks after straining ligaments in his right

knee. He won't require surgery. Right-winger Neil suffered a torn meniscus in his right knee in Saturday's loss to the Islanders in New York and will undergo surgery. He's expected to also miss at least a few weeks.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Boston 7 Buffalo 4
Vancouver 6 N.Y. Rangers 3
Washington at Anaheim

TONIGHT'S GAMES
Detroit at **EDMONTON**
Florida at New Jersey
Pittsburgh at Atlanta
Montreal at Ottawa
Vancouver at Minnesota
Chicago at Dallas

Calgary at Colorado
Washington at Los Angeles

TOMORROW'S GAMES
Florida at Boston
N.Y. Islanders at New Jersey
Phoenix at Carolina
Philadelphia at Buffalo
Nashville at Tampa Bay
Anaheim at St. Louis

NBA

YESTERDAY'S RESULTS
Toronto 101 Miami 95

Atlanta 91 Washington 87
Dallas 96 Houston 86
Denver 91 San Antonio 81
Detroit 96 Cleveland 89
L.A. Clippers 108 Oklahoma City 88
Minnesota 102 Philadelphia 96
Sacramento 105 New Orleans 96
Milwaukee at Utah
Chicago at Portland

TONIGHT'S GAMES
Detroit at Boston
L.A. Lakers at Phoenix



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EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Bubbling over in the 'burbs

Home spas still a splashy must-have for homeowners after a half-century

After 50 years on the market, home hot tubs are now enjoying overnight success status as Albertans acquire the disposable income, living space and the respective weary bones in need of a thousand tiny bubbles to massage those aches away. Showrooms are seeing plenty of traffic and many of those tire kickers are coming back with chequebooks and design plans in hand.

Globally and through the ages, communal hot springs and baths have provided relief, relaxation and comfort to rich and poor alike. In 1956 the Jacuzzi brothers applied the healing properties from an-

cient Roman baths to a family member's arthritis symptoms with a hydrotherapy pump. With modifications and modern detailing, we arrive at the kind of snazzy selection of home spas one might expect at a prestige auto dealership.

A luxury item, clearly, but Darren Jordison, general manager of Jacuzzi Premium Spas of Calgary, sees it as a just reward. "People are so wound up. It's simplistic for me to say that hot tubs make your life better — but they do!" he says. The combination of warmth, weightlessness, and gentle friction from the bubbles or water jets is said to break down the build-up



Hot tubs are cropping up in Albertans' homes more and more these days.

of lactic acid caused by stress or anxiety. Circulation is improved with the

opening of blood vessels, the muscles around arthritic joints are relaxed, and the endorphin flow increases.

Customized jets to target muscle groups or specific physical concerns are features available with today's hot tubs. And major manufacturers, like Jacuzzi and like Cal Spas sold through Harbour Spas Home & Leisure, provide a huge variety of seating configurations to suit purposes such as regular hydrotherapy treatment, entertainment centres for parties, or as a space for families to relax and rejuvenate together. Cal Spas are proud of the ergonomic therapy seats available where the "perfor-

mance jets" are lined up with your aching neck, back or even calves.

Meanwhile, Jacuzzi's patents on the PowerPro jets and other advancements in pump systems not only deliver the 'ahh' factor, but they also work in conjunction with other design standards to continually address customer fears of the cost and maintenance of a home spa. In fact, having the luxury of a home spa is much cheaper than you might think.

"I can't stress this enough," says Jordison adding, "(but) you need the right insulation." He explains that by using 100-per-cent foam insulation in the tub, the unit holds heat

better so you're not using as much energy to keep the water hot and you're not replacing heating elements either. He says the cost to run a Jacuzzi hot tub for 30 minutes a day at 102 F in Alberta is between \$5 and \$28 a month. On top of that you have a system with a lower power, but more efficient and quiet motor in the pump. "You don't want to listen to rattle and hum unless it's rock and roll," says Jordison.

The new generation of hot tubs owners get all the value-added features you'd expect in a "lifestyle" purchase. First on the must-have list from Jacuzzi is the CD stereo system with waterproof speakers, MP3 or iPod hook-ups in some units, and a remote control built into the system. Harbour's Cal Spas have the auto-rising and auto-storing 20-inch LCD TV and 42-inch plasma screen — a sure hit with soakers who enjoy watching sports or movies.

Coloured waterfalls, underwater disco lights, LED trays, glasses and pillows, and scent treatments that won't harm the units are also among selling options that conspire to turn anyone who dares take a test drive/soak in one, into a hot tub wannabe owner.

FROM SOURCE MEDIA GROUP
EDITED BY METRO EDMONTON

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Luxury You Can Afford

Online real estate addiction

Her name is Briana, and she's an addict, a point she freely admits — promotes, even — online. Her addiction, though, isn't one likely to cause the typical ills associated with junkiedom — the dissolution of relationships, loss of career, or even physical harm (though her mouse-click finger gets a little stiff sometimes).

Online, Briana (her last name is Tomkinson) sporadically maintains a blog called *MLS Addict*, broadcasting her affliction: A devotion beyond reason to *MLS.ca*, the website maintained by the Canadian Real Estate Association which lists properties for sale nationwide (*MLS*

Voyeuristic appeal

• *MLS.ca* was a useful tool for active homebuyers; but for a much larger audience of casual gawkers, it was a self-directed trapeze through what is casually called real estate

porn — a glimpse through the peephole of anything from the lives of those living in out-of-reach opulence to those of your friends and neighbours.

stands for Multiple Listing Service).

According to Comscore, which tracks web traffic, *MLS.ca* garners three million unique hits every month. When the site relaunched last month with a confusing array of new features, the response revealed what Tomkinson always knew: Her kind are legion. And, says Bob

Linney of CREA, they were angry.

"Since (the relaunch), we've gotten 16,000 e-mails either complaining or asking for help," Linney sighs.

CREA is trying to iron out the rough spots for a quiet reintroduction of the new site, redubbed *Realtor.ca*, today.

TORSTAR NEWS SERVICE

Vibrating mascara now available

One day sale! Today purchase the new Lancôme Ôscillation, the revolutionary new vibrating power mascara (\$39). Available at lancome.ca. **KIM ELBO/FOR METRO CANADA**


17

Style

90210 inspires hot shades

Can't get enough of the hottest zip code in North America? Well, now fans of the hit TV show *Beverly Hills, 90210* can add some chic California style into their own lives with three nail lacquer shades inspired by the lead female characters on the show — Silver, Annie and Naomi. The 90210 by OPI collection includes *Pretty & Privileged* (ruby red), left, *Queen of West Web-erly* (purple shimmer), *Sweet as Annie-thing!* (lollipop red). Available beginning January 2009 at professional salons and spas for \$9.95.

METRO NEWS SERVICES



EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Liven up the season with colour

Style File



ask kim

I'm invited to my boyfriend's family holiday party and it'll be the first time I'm meeting the whole family. I don't want to give off the wrong first impression; can you give me any suggestions?

The safest bet is to go completely conservative. Try a simple black pant with a dressy top or a dress with a modest neckline and length. The fact that you're asking this question means that you care a lot so ask your boyfriend for his opinion as well.

E-mail your style questions to kim.elbo@metronews.ca.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



Tiered Ruffles
Designer: Gap
Shop: Gap
Address: Various Locations
gap.com



Flattering Stripes
Designer: Guess
Shop: Guess
Address: Various locations
guess.ca



Simple and Elegant
Designer: Maggy London
Shop: The Bay
Address: Various Locations
thebay.com



Modish chic
Designer: Aldo
Shop: Aldo
Address: Various Locations
aldoshoes.com



Shine All Over
Designer: Banana Republic
Shop: Banana Republic
Address: Various Locations
bananarepublic.com



Jewelled Clasp
Designer: BCBG
Shop: BCBG
Address: Various Locations
bcbg.com

GlobalStyle

Kenya Hunt

Watches make a comeback, exclusively at metronews.ca/globalstyle

holiday dresses

I am just like everyone else when it comes to holiday parties, I either pull out one of my six LBDs (little black dresses) or shop for another one. So I thought this year instead of looking for a LBD with a different cut, I'm going for a completely different colour and I think you should too. Let's liven up the holiday parties this season with dashes of colour and cute flirty cuts like these three strapless dresses. The sweetheart neckline (Guess and Maggy London) is my absolute favourite cut for a strapless dress; it's perfect for smaller cup sizes and gives shape and volume to the body. The straight across cut by the Gap is great for women with a bigger cup size, it keeps them in and looks top notch when paired with a jewelled chunky necklace.

holiday clutches

Glitter and shine your way into the holiday with a jewelled clutch. If you're not one to accessorize or have a completely simple dress and need something to complement it, this is the bag for you. The jewelled clutch comes out every holiday and this year the options are endless from all-over jewels like the Banana Republic one to the simple clasp jewel like the BCBG clutch.

Scramble

your way to

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Today's mystery MAUI word is:

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Fashion + Beauty

YAHOO! LIFESTYLE CANADA

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How to CHOOSE YOUR NEW 'DO

Changing your hairstyle doesn't have to turn into a hair-raising experience – just make sure you follow a few simple styling rules.

When it's time for a new hairstyle, it's important for the cut and length to fit the shape of your face and your own personal style. Here are some tricks to finding the right 'do for you.

Those with round faces should keep their locks relatively long, mid-neck or longer, and height on top to lengthen

the face. Fullness on the sides will have the opposite effect and make your face appear shorter.

As for long, slender faces, blunt (equal length) cuts can be very interesting. Try an ear-length haircut with more volume on the sides to make your face look fuller. Bangs will shorten the length of your face and add an element of softness.

(continued online...)

Health + Fitness

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Family + Relationships

Food + Entertaining

To read more, visit lifestyle.yahoo.ca

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Shopping Dates:

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Friday, November 21: 3 - 8pm
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Friday, November 28: 3 - 8pm
Saturday, November 29: 1 - 5pm

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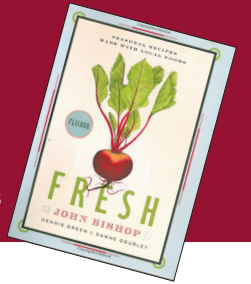


And in second place ...
Dish Entertains: Everyday Simple to Special Occasions by Trish Magwood (HarperCollins Publishers Ltd.) took the silver prize at the 11th annual Canadian Culinary Book Awards. **METRO NEWS SERVICES**

Food

Fresh: Seasonal Recipes Made with Local foods by John Bishop and Dennis Green won the Gold award at the 11th annual Canadian Culinary Book Awards.

Metro News Services



EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Put this on your plate, mate

À la carte

Barb Holland

Metro Food Writer



Like Canada, immigration has brought a world of cultures and cuisines to Australia. Celebrity chefs, cookbook authors and food writers have also been influential in creating a 'Mod Oz' cuisine. Add wonderful seafood, plenty of produce and grazing land, and Australia has become one of the most diverse and cosmopolitan places in the world to eat.

Donna Hay is Australia's leading food stylist, food



This recipe is adapted from Donna Hay's cookbook.

editor and best-selling cookbook author. Her food, recipes and styling focuses on basic ingredients, simply prepared and beautifully photographed. Her 16 cookbooks have sold more than 3.3 million copies and have been translated into nine languages.

Lemon Pork and Roasted Vegetables

This recipe is adapted from

one of Donna Hay's latest series of six cookbooks: Simple Essentials, Beef, Lamb + Pork (HarperCollins Publishers Ltd). As fresh lemon thyme is difficult to find this time of year, try regular thyme or a pinch of dried thyme leaves and a little grated lemon zest. Makes 4 servings.

INGREDIENTS:

• 4 fingerling or medium

white potatoes, scrubbed
• 4 unpeeled garlic cloves
• 2 tbsp (30 mL) olive oil
• Salt and pepper
• 1 large (1 lb/500 g) pork tenderloin, cut into 4 pieces
• 4 slices pancetta
• 4 sprigs fresh lemon thyme
• 1 pint cherry tomatoes (about 2-1/2 cups/625 mL)

METHOD:

Preheat oven to 400°F (200°C). Cut fingerling potatoes in half lengthwise or regular potatoes into wedges. Toss potatoes and garlic in oil. Place in a large baking dish; season with salt and pepper. Roast 20 minutes.

Top each piece of pork with 1 slice pancetta and a thyme sprig. Tie with kitchen string. Add pork to pan and roast 10 minutes.

Add tomatoes and cook another 10 to 15 minutes or until pork is cooked through and potatoes are tender and golden. Push garlic out of skins and serve with pork, potatoes and tomatoes.

MORE ...

Other influential chefs and food professionals from 'down under':

• **Bill Granger** has three restaurants, bills, in and around Sydney, plus five cookbooks and two TV series to his credit.

• **Neil Perry** is an Aussie super chef. Owner of Rockpool, one of Sydney's (since 1989) and more recently Melbourne's, most highly acclaimed restaurants.

• Author of four cookbooks, **Christine Mansfield** is another of Australia's

celebrated chefs. She also produces a range of spice pastes and condiments under the label Christine Mansfield Spice Collection.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

new arrival

• Ex-pat Australians and Canadian chocolate lovers will celebrate the arrival of Australia's favourite biscuit: Tim Tams. Launched in 1963, the chocolate biscuit sells nearly 35 million packs per year in its native land. The popular treat is now available in major grocery and drug stores across Canada, including IGA and Sobey's.



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So you think you can cook?

Canadians are invited to put their best chili recipes to the test in the first-ever ZANTAC® Chili Challenge. To enter, visit Chilichallenge.ca and submit an original chili recipe for a chance to cook-off with Anthony Sedlak, celebrity chef and host of The Food Network's The Main.

METRO NEWS SERVICES

Friend in need, friend to feed

Gordon Ramsay — a man who needs no introduction — lives life in the fast lane, travelling the world to foster his many hugely successful business enterprises and to film his highly acclaimed TV series.

But despite the commitments of a busy work life, he has always believed that families should sit around their tables to eat together as much as possible. In *Cooking for Friends*, Ramsay shares more than 100 inspiring and well-constructed recipes that he loves to cook (and eat) when he's off duty. Harper Collins Canada gave Metro this recipe:

Coffee and Almond Crunch Cake

For me, this is the definitive cake to have with coffee or tea. It is all-at-once tender, moist and crunchy. It keeps well for several days in a cool part of the kitchen. Some people like a dollop of lightly sweetened mascarpone on the side, though, for me, it's perfect on its own.

INGREDIENTS:

Cake:

- 170g unsalted butter
 - 170g caster sugar
 - 3 large eggs, lightly beaten
 - 1/2 tsp almond essence
 - 100g ground almonds
 - 4 tbsp cooled espresso or strong coffee
 - 100g self-raising flour
 - 1/2 tsp baking powder
- Crunch topping:**
- 60g plain flour
 - 40g light brown or demerara sugar
 - 40g cold unsalted butter, diced

METHOD:

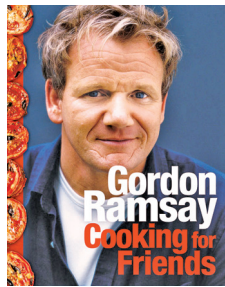
Preheat the oven to 300° F (150° C). Butter and line the sides and base of a tall-sided 20cm cake tin with a removable base.

For the crunch topping, mix the flour and sugar in a bowl and rub in the butter until it resembles coarse bread crumbs. Set aside.

Cream the butter and sugar in a large mixing bowl using a hand-held electric beater until light and fluffy. Beat in the eggs, a little at a



Gordon Ramsay's Coffee and Almond Crunch Cake is all-at-once tender, moist and crunchy. His book *Cooking For Friends* is available online at Amazon.ca for \$22.02 or in stores for \$34.95.



wet mixture. Finally, fold in the remaining espresso. Spread the mixture into the cake tin and level with

time, until fully incorporated.

Add the almond essence and mix well. Fold in the ground almonds, followed by half the espresso. Sift in the flour and baking powder together and fold this through the

a spatula. Sprinkle the crunch topping evenly over the top. Bake for 50 to 60 minutes until the top is golden brown and a skewer inserted into the cake comes out clean. Remove from the oven and leave to cool slightly before unmoulding on to a wire rack, peeling away the baking parchment.

When completely cooled, dust with icing sugar, then cut into slices to serve.

The science of delicious

How do you make the perfect French fry? Is it better to salt a steak before or after grilling?

The Science of Good Food,

written by David

Joachim and Andrew

Schloss, is the first book to

present the science of

good cooking in an easy-

to-use, A to Z format.

Metro got a hold of this excerpt about one of the most beloved desserts: The cheesecake.

What It Is

With its cookie crumb or pastry crust and dairy-based filling, cheesecake is more custard tart than cake. Pastries have been filled with various cheeses for centuries, and cheesecakes can be sweet or savoury. Most are sweet and made around the world with various fresh cheeses. For savoury cheesecakes, you can combine ingredients such as cream cheese

and smoked salmon or Cheddar cheese and bacon. You can also make cheesecake with oth-

er creamy ingredients like silken tofu.

What It Does

Like other custards made with eggs and dairy products, cheesecakes require even gentle heat to prevent curdling. They are often baked in a water bath to evenly distribute the heat around the cake pan and provide moist steam to keep the baked custard from drying out. To avoid lumps, it helps to bring the cheese and eggs to room temperature before mixing the filling and to add the eggs one at a time. Gradual temperature changes also help prevent cracks. If the pan is too small, the filling will rise too high and will overcook on the edges before the centre is done. If the pan is too big, the entire filling may quickly overcook and crack.

On the web

Recipe:

- Now that you know a bit about cheesecakes, why not make one? Find a recipe from the book for Southern Comfort Cheesecake at metronews.ca.

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Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONews.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Country star tops U.S. pop chart

MUSIC

Teenaged singer and songwriter Taylor Swift topped the U.S. album charts yesterday with her second album Fearless according to record label Universal, which has signed an international marketing deal with the star.



Taylor Swift

Universal Music Group said Fearless sold 592,000 copies in the last week in the United States, making it one of the biggest releases to date this year. It was the largest opening U.S. sales week in 2008 by a female artist and the fourth biggest overall, behind Lil Wayne, AC/DC and Coldplay.

Universal Music Group said Fearless sold 592,000 copies in the last week in the United States, making it one of the biggest releases to date this year. It was the largest opening U.S. sales week in 2008 by a female artist and the fourth biggest overall, behind Lil Wayne, AC/DC and Coldplay.

William Tell set for the big screen

MOVIES British filmmaker Justin Chadwick, who directed Natalie Portman and Scarlett Johansson in the royal romance The Other Boleyn Girl, will take the helm of Ironbow: The Legend of William Tell for indie producer Spyglass Entertainment.

REUTERS

Taylor Swift has no fear

Nickelback and Beyoncé among this week's other new releases

Taylor Swift

Album: Fearless
Label: Open Road/Universal
Rating: ●●●●●

EVERY NOW

AND then a mistake happens in the music business and a truly talented young artist manages to sneak past the industry radar and take the world by storm. So it was with Taylor Swift who signed with little known label Big Machine in Nashville. Last year, her song Tim McGraw went straight to the top and stayed there pretty much ever since. She's 18 now, with a second album that's sure to spit out four or five hit singles that will dominate both the country and pop charts all of next year. Swift writes about the high-school stuff she understands, but in a way that appeals to all ages. A remarkable sophomore effort.

Graham Rockingham/for Metro Canada

Nickelback

Album: Dark Horse
Label: EMI
Rating: ●●●

NICKELBACK

SEEMS TO live in a world where all women are Playboy centerfolds who like performing for men until their "legs give out." If you're not into that, then you're a tease who looks best with "something in your mouth." When the men in Nickelback World aren't ogling butt, they're hitting bongos and getting drunk "until they fall down." If a friend turns into a junkie, then the rock gods get all maudlin and write a song called Just Too High. It would be easy to excuse this as harmless immature crap tailored for 12-year-old boys. But it's not harmless, it's offensive. One last thing — track seven, Never Gonna Be Alone, sounds like the Backstreet Boys playing fuzz guitar.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

Beast

Album: Beast
Label: Phormone/Vega
Musique Rating: ●●●●●

HERE'S WHAT PROMPTED

Chart Magazine to go gaga marking up its 2008 NXNE musicfest report card on this Montreal-based duo. Vocalist Béatrice "Betty" Bonifassi (DJ Champion, The Triplets Of Belleville soundtrack) and producer-percussionist and fellow France expatriate Jean-Phi Goncalves (Plaster, AfroDizz) have concocted a fresh debut filled with marked contrasts: Aggressive trip hop, softened James Bond theme-like pomp and even danceable rap. The spooky choir flourishes border on fromage, but certainly don't detract from this otherwise promising experiment.

Ian Nathanson/for Metro Canada

Beyoncé

Album: I Am... Sasha Fierce
Label: Columbia/Sony BMG
Rating: ●●●●●

WHEN

ONCE

VEALED

she had an alter ego — Sasha Fierce — you couldn't help but roll your eyes. Now, though, she's taken things a step further by releasing a two disc affair, with one side as her sweet, laid-back self and the other as her more aggressive, sexualized persona. One album would have worked, but here she pulls a Foo Fighters — the first half is full of bland, slow-moving adult contemporary pop; the second is loaded with amped-up R&B barnburners. In the end neither disc really delivers, though the second record has the more interesting and infectious tunes.

Bryan Borzykowski/for Metro Canada



I Am... Sasha Fierce is the new album from Beyoncé.

Dido

Album: Safe Trip Home
Label: Arista/Sony BMG
Rating: ●●●●●

IT'S TAKEN FIVE

years for Dido to release her follow-up to Life For Rent, and for many the wait was well worth it. On her third effort she treats fans to her familiar, but subtle, trip-hop vibes and soothing vocals, but with extra strings and atmospheric undertones this disc is definitely an improvement. Saying that, she still plays it a bit too safe — songs move at a glacial pace, and while the lyrics are revealing and honest, they cross over into cheesiness territory one too many times. Don't expect a Grammy nod, but it's a decent listen nonetheless.

Bryan Borzykowski/for Metro Canada



David Cook

Album: David Cook
Label: Sony BMG
Rating: ●●●●●

SURPRISE. THE

AMERICAN

Idol with the emo eyes and over-anxious pout has released a Daughtry-like mainstream rocker. The lead single (Light On, co-written by Soundgarden's Chris Cornell) is a bit of a yawner, but Declaration (co-written by Johnny Rzeznik of the Goo Goo Dolls) is a significant step up. There are a couple of heavy-duty rockers here, especially Barbar-sol, but for the most part the album is best described by the track Mr. Sensitive, co-written by Raine Maida of Our Lady Peace. No big risks, but no big clunkers either.

Graham Rockingham/for Metro Canada



"A FULL-BLOWN POP CULTURE PHENOMENON."
LOS ANGELES TIMES

"Robert Pattinson is rebel cool incarnated — the James Dean of the undead."
VANITY FAIR

twilight

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OPENS EVERYWHERE FRIDAY, NOVEMBER 21ST

It's Showtime for Seth Rogen to develop cable comedy series set in porn shop



IntelVision

DIRTY PICTURES: Showtime looks like the place to go on the dial for pervy entertainment next season, if two new projects pan out.

The ominipresent Seth Rogen — love the guy, but even I'm getting tired of seeing his face — is developing a new comedy about three post-collegiate buddies running a porn shop, according to a Variety story. There's no word yet on who's set to star in the show, which is being executive produced by Rogen and his production partner Evan Goldberg, who worked on the screenplays for Superbad and Pineapple Express.

There's no reason to believe that this can't be good, especially if Rogen and Goldberg can tap into the

It's quaint that Rogen and Goldberg have chosen to set their show in a porn shop — the equivalent of a drama about the media being set in a letterpress typesetting shop ... A porn website startup would have been more contemporary.

strange relationship young men — and older ones — have with porno in what's referred to as the "post-feminist" era. Varying from bored ambivalence to connoisseurship, it's a relationship conditioned by the unprecedented ease with which porn can be consumed today, as well as the likelihood that the young male consumer might find their enthusiasm for porn compromised by scores of young women who'll eagerly cop to sharing their interest, which a lad will have to call a fantasy if they're forced to be honest.

It's also quaint that Rogen and Goldberg have chosen to set their show in a porn

shop — the equivalent of a drama about the media being set in a letterpress typesetting shop. The storefront porn merchant, like the record store and the video rental shop, is a quaint technological anachronism in the digital age; a porn website startup would have been more contemporary, though it might have ended up looking like a cross between NewsRadio and late-night Showcase fare like Porno Valley.

Showtime is also developing a reality TV series about hookers, according to the porn industry website Reverse Cowgirl, with one-time Fox big deal Stephen Chao at the helm. Alas,

Chao — the man behind Cops and America's Most Wanted — is having a hard time casting the show, which plans to rent a Hollywood Hills mansion for the cast to ply their trade.

"The show won't be demeaning or exploitative because, as the director explained it, they're looking to cast working girls without implants," according to the website. Well, that changes everything, doesn't it? There is, of course, the little matter of legality, not to mention the effect celebrity — even the clammy, blush-inducing type that a Showcase adult series might bestow — would have in a profession that usually values anonymity. It's like searching the ranks of Washington lobbyists for the stars of a show provisionally titled The Big Nasty Graft and Earmarks Spectacle of Democracy Gone Rancid.

Rick McGinnis writes about music, movies, books and television, but not opera.

Big changes in store for Daytime Emmys

AWARDS The Daytime Emmys could become a lot less soap-centric next year as organizers — faced with the prospect of ABC and CBS shunning the low-rated telecast — entertain new ideas that could include shifting the show to cable.

The National Academy of Television Arts and Sciences is sifting through bids from two broadcast networks and two cable channels to carry the awards telecast. NATAS president Peter Price said Tuesday a decision could be made by year's end.

He declined to name the networks, though ABC and CBS — which have traditionally carried the ceremony on a Friday night in late May or early June — aren't likely to be in the running. ABC, which carried the telecast this year, isn't interested in doing it again in 2009 after CBS dropped out (next year was supposed to be CBS' turn as the two generally alternate).

"We're still talking to CBS and ABC but it's more

"We're still talking to CBS and ABC but it's more likely to be another network," Price said. While the NATAS deal for the Daytime Emmys telecast was a licence fee last time, it has been a licence fee and revenue share in past years. It could be one or both next time.

The 2008 Daytime Emmys hit an all-time low ratings low with 5.3 million viewers when it aired June 20. It has been a tough climate for many awards shows — the Miss America Pageant moved to cable several years ago.

If the show is not on ABC or CBS, the focus likely will move away from soap operas, a staple on those networks, to talk shows and children's programming, Price said.

In brief

JUNOS Comedian Russell Peters has agreed to host the 2009 Juno Awards broadcast for a second time, CBC.ca reports. The ceremony honouring the best in Canadian music takes place March 29 in Vancouver.

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ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/20/08	2	CFRN	239 318	etalk	Dance	ER "Age of Innocence"		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	ER (N)
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	6	KREM	- 372	News (N)	Hollywood	The Doctors (N)		Survivor: Gabon (HDTV)		CSI: Crime Scene Invstgtn.		Eleventh Hour
	7	CKEM	241 347	Law & Order: SVU		Friends	Friends	Ugly Betty (N)		30 Rock	30 Rock	Your City
	8	CITV	240 339	ET Canada	Entertainment	Life on Mars (HDTV) (N)		Survivor: Gabon (N)		The Office (N)	Billable Hours	News Hour
	12	CBXFT	119 705	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		Grosse vie (N)	C.A. (N) (SC)	Le Téléjournal (N) (SC)		TJ Alberta
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy (N)		Life on Mars
	16	KAYU	- 373	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	Kitchen Nightmares (N)		Kitchen Nightmares (PA)		News (N)
	19	CHTV	-	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	Anna's Storm (2007, Action) Sheree Wilson. Premiere.				News (N)
news	22	KSPS	- 374	NewsHour With Jim Lehrer	Health Matters, TV for Life			Sherlock Holmes Mysteries		Globe Trekker (DVS)		Steve Miller
	24	WTVS	- 364	Ask This Old	Michigan	Spain ... On the Road Again		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N)	
	15	CBNC	502 -	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	21	TWN	505 398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500 500	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	54	CTVN	501 391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504 508	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	20	TSN	400 400	(6) NFL Football Cincinnati Bengals at Pittsburgh Steelers.				SportsCentre		E:60 (N)		Poker Night
	23	net	408 418	NHL Hockey Calgary Flames at Colorado Avalanche. (HDTV) (Live)				Sportsnet Con.		Sportsnet Connected (Live)		Hockey
	47	SPEED	417 406	Pinks -- All Out (HDTV)		Wrecked	Wrecked	Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out
sports	94	SCORE	410 403	College Football Miami at Georgia Tech. (Live)		Score Tonight		Score Tonight		Final Score	Final Score	Sports Rage
	9	EDACC	267 351	Help TV		Medium		Hole in the Wall		Eleventh Hour "Surge"		Help TV
	14	YTV	552 543	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	6teen	Total Drama	George-Jungle	Bugs Bunny & Tweety Show	Wayside		Johnny Test	Futurama	The Critic
	45	FAM	557 541	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	La Fievre de la danse (SC)		Occupation double			Vlog (SC)	TVA 22 heures
	18	CMT	575 583	Reba	Reba	Hope & Faith	Hope & Faith	Gone, Reunion	Home	Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 "Blindsided"		The First 48 (HDTV)		Crime 360 (HDTV)		The First 48 "Memphis"		The First 48
	26	MMM	571 581	Listed		Gene Simmons	Gene Simmons	Party of Five		Mariah Carey: Mimi		Party of Five
family	29	FOOD	603 561	Unwrapped	Secret Life of	Jamie's Kitchen Australia (N)		Restaurant Makeover		Challenge		Unwrapped
	31	SHOW	617 522	EastEnders	Spaced	Painkiller Jane		ReGenesis (HDTV)		Trailer Park	Trailer Park	Saving Grace
	32	DISC	520 505	Commandments-Mafia		MythBusters		Daily Planet		Monster Moves		Commandment
	33	SLICE	601 562	X-Weighted "Debbi"		The Biggest Loser		Rich Bride, Poor Bride		X-Weighted "Debbi"		Biggest Loser
	34	W	602 567	House	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	35	TLC	521 560	American Chopper		LA Ink "Kim's Big Deal"		American Chopper		LA Ink "Kim's Big Deal"		Amer. Chopper
	36	BRAVO	620 523	Intern Academy ★ (2004, Comedy) Peter Oldring, Pat Kelly.				Law & Order "Merger"		Without a Trace		Just Looking
	38	SPIKE	628 584	TNA IMPACT! (HDTV) (N)				CSI: Crime Scene Invstgtn.		Disorderly Conduct: Video		Married... With
	40	HIST	522 506	Finding the Fallen		NCIS "Witness"		Crime Stories		Lost Worlds		Engineering
	41	COM	626 547	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
cable variety	43	SPACE	627 528	Battlestar Galactica		Chuck (N)		Stargate SG-1 A virus.		Lost "S.O.S."		Deep Space 9
	44	WPCH	294 650	Friends	Friends	Mr. Deeds ★ (2002, Comedy) Adam Sandler.				Family Guy	Family Guy	Seinfeld
	46	OLN	411 457	Survivorman		Pilot Guides Specials		Pilot Guides		Don't Forget Your Passport		Commando
	48	TROP	619 525	Make or Break	Naked Fashion	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld
	50	STAR	621 527	Look-A-Like	Live at eTalk	The Tonight Show-Jay Leno		TMZ	etalk	The Ellen DeGeneres Show (N)		Hollywood
	52	HGTV	600 564	The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	65	TLN	700 800	Sicilia: la Terra	Benedetta	Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)		Paid Program
	92	APT	269 350	Suakaan	Wapos Bay	By the Rapids	renegadepress			Demolition Man ★★ (1993, Science Fiction) Sylvester Stallone, Wesley Snipes.		
	93	VISION	261 394	Join Us (N)				American Experience (DVS)				Wait for God
	100	MTV	581 566	The Hills	Exiled	Exiled		MTV Live	After	Man and Wife	The Hills	Exiled
cable variety	101	MM	570 580	50 Cent: Money and Power		50 Cent: Money and Power		Muchmusic Countdown			Pimp My Ride	MuchVibe
	102	CPAC	512 396	(6:30) Headline Politics			Revue	Question Period		Prime.-Politics	Headline Politics	
	103	VIVA	526 507	The West Wing		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Commander
	105	TV5	145 761	Complément d'enquête			Cartes	Journal TV5	Café littéraire			
	106	RDI	126 730	Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal (SC)		Le Journal RDI	Le National	Le Téléjournal

critics'corner

Life on Mars

When the baby of a prominent family is kidnapped and held for ransom, Sam (Jason O'Mara) is shocked to discover that his own father may be involved. You see, Sam was only 4 years old when his father skipped town under mysterious circumstances back in 1973. Has he been sent back in time to stop his father from leaving the family? Get ready for some seriously repressed childhood memories and for Sam to never be the same again in "The Man Who Sold the World." 8 PM on CITV

South Park

The fate of the world lies in the hands of Cartman's ultracool binder. But this is no ordinary school tool. Oh, no. The "Trapper Keeper" is really a superbeing bent on world domination. And as usual, it's up to Stan, Kyle, Kenny and, perhaps Cartman — if he can only bear to give up his beloved notebook — to help save the day. 10:30 PM on COM



Silverstone pens a book
Actress Alicia Silverstone has turned her hand to writing — she has penned a book on vegan dieting titled *The Kind Diet*. It's due out next year. **IMDB.COM**

Celebrity Buzz

Spears' 'mistake' marriage

MARRIAGE Britney Spears says marrying Kevin Federline was a mistake, femalefirst.co.uk reports.

The singer, who has two sons, three-year-old Sean Preston and two-year-old Jayden James, with Federline, wishes she had never walked down the aisle with the former backing dancer.

"I think I married for the wrong reasons. Instead of following my heart and doing what made me really happy, I just did it for the sake of, the idea of everything."



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Spears said in a promo for her new TV documentary *Britney: For the Record*.

Spears also revealed the divorce has influenced her music.

"Your music is a reflection of what you're going through," she added.

Spears and Federline married in September 2004 and split in the summer of 2006. Their divorce was finalized in July 2007.

Cyrus keeping her guard up

TRUST As she approaches her 16th birthday, Miley Cyrus says she is learning to keep her guard up, People.com reports.

"I think you have to be really careful about the people you trust," the Hannah Montana star, who turns 16 on Sunday, tells Ellen DeGeneres in an interview. "There (are) very few, two or three people that I would actually go to with anything and know that it

would never leave the room," she says. "Two of those are my parents."

And the other person in Cyrus's inner circle? Boyfriend Justin Gaston, 20. Giggling in her *Ellen* interview, Cyrus says the two have been dating for "a couple months."

She adds: "He's a singer, he's really cute, and he's nice and he's a Christian and I really like that."



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Duff wants more TV guest work

CAREER Hilary Duff is begging TV bosses to give her roles in hit shows *The Office* and *30 Rock*, after signing a deal with the network behind them, imdb.com reports.

Duff recently signed a new one-year contract with NBC, which will result in her fronting a new show.

The deal will also lead to Duff making appearances in other programs the network broadcasts. And she has already registered her preference.

When it comes to her own show, the former

Lizzie McGuire star wants to come up with something new and refreshing.

"I would like to do something funny ... or I would like to kick ass or something," the 21-year-old tells MTV News.

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Mills turns tables on tabloids

CELEBRITY Sir Paul McCartney's ex-wife Heather Mills has made complaints against three U.K. national newspapers for inaccurate reporting, invasion of privacy and harassment, imdb.com reports.

Mills was heavily criticized in the press for her conduct during her messy divorce from the former Beatle, in which she won a settlement of \$38 million US.

The former glamour model has now asked the

U.K. media's governing body, the Press Complaints Commission, to investigate the *Daily Express*, *Daily Mail* and Britain's *The Sun* over stories the newspapers have published about her.

She has also complained to the PCC about the conduct of the free local newspaper *London Lite*. It will investigate her claims and the newspapers could face a reprimand if the allegations are proved.

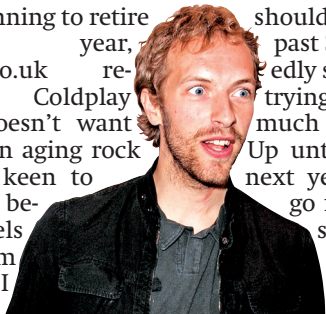


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Martin planning to retire soon?

CAREER Chris Martin is reportedly planning to retire next year, femalefirst.co.uk reports. The Coldplay frontman doesn't want to become an aging rock star and is keen to quit music before he feels too old. "I'm 31 now and I

don't think bands should keep going past 33," he reportedly said. "So we're trying to pack in as much as possible. Up until the end of next year, we'll just go for it in every sense."



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Dates keep marriage fresh: Klum

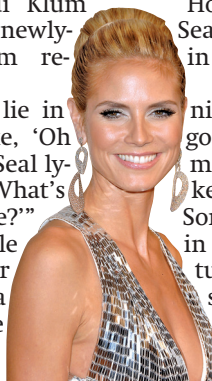
MARRIAGE She has been married to Seal for three years, but Heidi Klum still feels like a newlywed, People.com reports.

"Sometimes I lie in bed and I'm like, 'Oh my god, there's Seal lying next to me. What's he doing there?'" Klum tells *In Style* in its December issue. "I get a smile on my face immediately.

Our honeymoon period is definitely not over."

How do Klum, 35, and Seal, 45, keep the spice in their relationship?

"(We) have date nights," she says. "We go to dinner or to the movies. We like to keep it romantic. Some people wake up in the morning and turn over when they see their mate. That's not us."



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HELLO!

Hot shot of the week



JENNIFER TANZ/GETTY IMAGES

Sarah McLachlan, 40, now separated from her husband of 11 years, Ashwin Sood, has worked through her pain with two new, personal songs on her greatest-hits album, *Closer*. The Vancouver-based singer-songwriter says she's in a good place. "I've lived my life very instinctively and it's worked out pretty well up to this point," she tells *HELLO! Canada*.

HELLO! CANADA magazine, now available on newsstands — read more at hellomagazine.ca

Jackman named Sexiest Man Alive

CELEBRITY Actor Hugh Jackman has been named People magazine's Sexiest Man Alive. After pouring over a list of eligible, high-profile film stars, musicians and athletes, editors at the magazine named the 40-year-old its No. 1 of 2008.



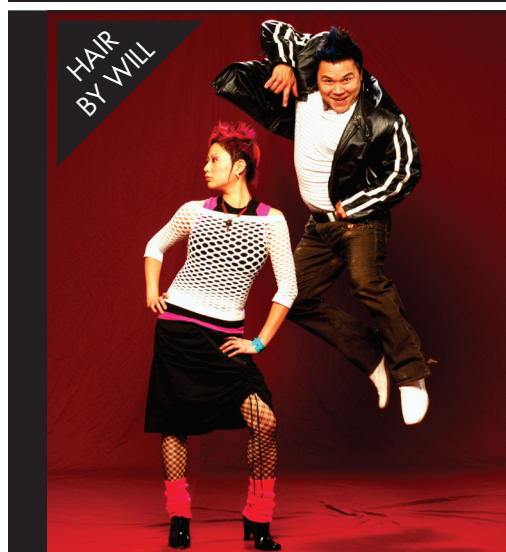
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Scarlett's shocker

CELEBRITY Scarlett Johansson tells *Allure* magazine she is still shocked over vulgar remarks Lindsay Lohan allegedly scribbled about her on a New York City bathroom stall because she barely knows her, imdb.com reports. The actress reportedly wrote "Scarlett is a bloody c—" with permanent marker before making her exit during a night out in 2006.



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